

# Hellenic Longitudinal Investigation of Aging and Diet

## Principal Investigator

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## Summary

Setting:	Larisa / Marousi, Greece
Start Date:	2010
End Date:	ongoing
Participants:	Random population sample of 1500 individuals aged $\geq 65$ years
Assessment Schedule:	Face-to-face interviews at 3 year intervals
Measures:	(1) Complete Neuropsychiatric evaluations assessing dementia, MCI and cognitive performance and decline for most cognitive domains; (2) Broad range of sociodemographic, lifestyle, dietary, nutritional risk, physical activity, physical performance, mobility, anthropometric, functional, overall health factors, psychiatric-mental health factors and conditions, neurological assessments for essential tremor, parkinsonian disorders, cerebrovascular disorders; (3) Blood samples stored (serum, plasma, DNA)

## Further Information

Dardiotis et al. The Hellenic Longitudinal Investigation of Aging and Diet (HELIAD): Rationale, study design, and cohort description. *Neuroepidemiology*, 2014;43:9-14.

